

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01049, Cream, fluid, half and half

Report Date: December 05, 2015 02:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	81.24	--	0.063	80.88	81.47	5.0	81.078	81.401	1	Analytical or derived from analytical	--	01/2015
Energy	kcal	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Energy	kJ	515	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Protein ¹	g	3.13	--	0.047	2.87	3.25	5.0	3.008	3.249	1	Analytical or derived from analytical	--	01/2015
Total lipid (fat) ¹	g	10.39	--	0.186	9.74	11.02	5.0	9.91	10.864	1	Analytical or derived from analytical	--	01/2015
Ash ¹	g	0.51	--	0.054	0.31	0.73	5.0	0.37	0.649	1	Analytical or derived from analytical	--	01/2015
Carbohydrate, by difference	g	4.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total ¹	g	4.13	--	0.044	3.99	4.29	2.0	3.947	4.31	1	Analytical or derived from analytical	--	01/2015
Sucrose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

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Glucose (dextrose) ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fructose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Lactose ¹	g	4.13	--	0.044	3.99	4.29	2.0	3.947	4.31	1	Analytical or derived from analytical	--	01/2015
Maltose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Galactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Minerals													
Calcium, Ca ¹	mg	107	--	1.502	99	114	5.0	103.398	111.059	1	Analytical or derived from analytical	--	01/2015
Iron, Fe ¹	mg	0.05	--	0.005	0.04	0.07	5.0	0.036	0.062	1	Analytical or derived from analytical	--	01/2015
Magnesium, Mg ¹	mg	10	--	0.077	10	10	5.0	9.763	10.158	1	Analytical or derived from analytical	--	11/1976
Phosphorus, P ¹	mg	95	--	3.406	82	106	5.0	86.228	103.727	1	Analytical or derived from analytical	--	11/1976
Potassium, K ¹	mg	132	--	1.251	128	140	5.0	129.151	135.557	1	Analytical or derived from analytical	--	01/2015

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Sodium, Na ¹	mg	61	--	6.023	35	88	5.0	45.955	76.909	1	Analytical or derived from analytical	--	01/2015
Zinc, Zn ¹	mg	0.39	--	0.008	0.35	0.43	5.0	0.371	0.413	1	Analytical or derived from analytical	--	01/2015
Copper, Cu ¹	mg	0.009	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	01/2015
Manganese, Mn ¹	mg	0.005	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Selenium, Se ¹	µg	3.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Fluoride, F ²	µg	3.0	--	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin ¹	mg	0.030	--	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	01/2015
Riboflavin ¹	mg	0.194	--	0.014	0.17	0.22	2.0	0.136	0.251	1	Analytical or derived from analytical	--	01/2015
Niacin ¹	mg	0.109	--	0.000	0.09	0.11	2.0	0.107	0.111	1	Analytical or derived from analytical	--	01/2015

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Pantothenic acid ¹	mg	0.539	--	0.019	0.52	0.56	1.0	0.302	0.775	1	Analytical or derived from analytical	--	01/2015
Vitamin B-6 ¹	mg	0.050	--	0.001	0.05	0.06	2.0	0.046	0.055	1	Analytical or derived from analytical	--	01/2015
Folate, total	µg	3	--	0.252	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	0.252	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total ³	mg	18.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine ³	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 ¹	µg	0.19	--	0.046	0.1	0.27	2.0	-0.011	0.384	1	Analytical or derived from analytical	--	01/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	22	--	--	--	--	--	--	--	--	Calculated or imputed	01001	12/2002

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.25	--	0.001	0.24	0.32	1.0	0.233	0.258	1	Analytical or derived from analytical	--	01/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Tocopherol, gamma ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

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Vitamin D ¹	IU	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin K (phylloquinone) ⁴	µg	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Lipids													
Fatty acids, total saturated	g	7.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
4:0 ¹	g	0.247	--	0.006	0.22	0.26	1.0	0.187	0.306	1	Analytical or derived from analytical	--	01/2015
6:0 ¹	g	0.202	--	0.002	0.18	0.2	1.0	0.182	0.222	1	Analytical or derived from analytical	--	01/2015
8:0 ¹	g	0.127	--	0.001	0.12	0.13	1.0	0.12	0.135	1	Analytical or derived from analytical	--	01/2015
10:0 ¹	g	0.303	--	0.001	0.27	0.31	1.0	0.292	0.313	1	Analytical or derived from analytical	--	01/2015
12:0 ¹	g	0.351	--	0.001	0.32	0.35	2.0	0.348	0.354	1	Analytical or derived from analytical	--	01/2015
14:0 ¹	g	1.148	--	0.004	1.04	1.16	2.0	1.132	1.164	1	Analytical or derived from analytical	--	01/2015
15:0 ¹	g	0.126	--	0.004	0.11	0.13	1.0	0.074	0.179	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	3.207	--	0.020	2.9	3.24	2.0	3.092	3.322	1	Analytical or derived from analytical	--	01/2015
17:0 1	g	0.076	--	0.005	0.06	0.08	1.0	0.012	0.141	1	Analytical or derived from analytical	--	01/2015
18:0 1	g	1.221	--	0.068	1.05	1.35	1.0	0.449	1.992	1	Analytical or derived from analytical	--	01/2015
20:0 1	g	0.015	--	0.001	0.01	0.02	1.0	-0.002	0.033	1	Analytical or derived from analytical	--	01/2015
22:0 1	g	0.004	--	0.000	0	0	1.0	-0.001	0.01	1	Analytical or derived from analytical	--	01/2015
24:0 1	g	0.003	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total monounsaturated	g	3.320	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
14:1 1	g	0.124	--	0.003	0.11	0.13	1.0	0.082	0.165	1	Analytical or derived from analytical	--	01/2015
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
16:1 undifferentiated 1	g	0.246	--	0.006	0.22	0.25	1.0	0.177	0.315	1	Analytical or derived from analytical	--	01/2015

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16:1 c ¹	g	0.205	--	0.004	0.18	0.21	1.0	0.158	0.252	1	Analytical or derived from analytical	--	01/2015
16:1 t ¹	g	0.041	--	0.002	0.04	0.04	1.0	0.018	0.064	1	Analytical or derived from analytical	--	01/2015
17:1 ¹	g	0.025	--	0.002	0.02	0.03	1.0	-0.004	0.055	1	Analytical or derived from analytical	--	01/2015
18:1 undifferentiated ¹	g	2.905	--	0.205	2.43	3.14	1.0	0.364	5.446	1	Analytical or derived from analytical	--	01/2015
18:1 c ¹	g	2.566	--	0.171	2.14	2.77	1.0	0.46	4.672	1	Analytical or derived from analytical	--	01/2015
18:1 t ¹	g	0.339	--	0.035	0.29	0.38	1.0	-0.096	0.774	1	Analytical or derived from analytical	--	01/2015
20:1 ¹	g	0.020	--	0.001	0.02	0.02	1.0	0.003	0.038	1	Analytical or derived from analytical	--	01/2015
22:1 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total polyunsaturated	g	0.554	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
18:2 undifferentiated ¹	g	0.466	--	0.031	0.43	0.5	1.0	0.08	0.852	1	Analytical or derived from analytical	--	01/2015
18:2 n-6 c,c ¹	g	0.314	--	0.021	0.29	0.34	1.0	0.055	0.574	1	Analytical or derived from analytical	--	01/2015
18:2 CLAs ¹	g	0.069	--	0.006	0.06	0.08	1.0	--	0.138	1	Analytical or derived from analytical	--	01/2015
18:2 t not further defined ¹	g	0.083	--	0.005	0.07	0.09	1.0	0.025	0.14	1	Analytical or derived from analytical	--	01/2015
18:3 undifferentiated ¹	g	0.041	--	0.001	0.03	0.04	1.0	0.025	0.057	1	Analytical or derived from analytical	--	01/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.040	--	0.001	0.03	0.04	1.0	0.024	0.056	1	Analytical or derived from analytical	--	01/2015
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
18:3i ¹	g	0.001	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c ¹	g	0.003	--	0.000	0	0	1.0	0.003	0.003	1	Analytical or derived from analytical	--	01/2015
20:3 undifferentiated ¹	g	0.014	--	0.000	0.01	0.01	1.0	0.013	0.015	1	Analytical or derived from analytical	--	01/2015
20:3 n-6 ¹	g	0.014	--	0.000	0.01	0.01	1.0	0.013	0.015	1	Analytical or derived from analytical	--	01/2015
20:4 undifferentiated ¹	g	0.018	--	0.001	0.02	0.02	1.0	0.002	0.035	1	Analytical or derived from analytical	--	01/2015
20:5 n-3 (EPA) ¹	g	0.003	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
22:4 ¹	g	0.003	--	0.000	0	0	1.0	0.002	0.004	1	Analytical or derived from analytical	--	01/2015
22:5 n-3 (DPA) ¹	g	0.006	--	0.000	0	0.01	1.0	0.001	0.012	1	Analytical or derived from analytical	--	01/2015
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.464	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fatty acids, total trans-monoenoic	g	0.380	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol 1	mg	35	--	0.600	33	36	2.0	32.525	37.65	1	Analytical or derived from analytical	--	01/2015
Amino Acids													
Tryptophan 5	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Threonine 5	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Isoleucine 5	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Leucine 5	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Lysine 5	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Methionine 5	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Cystine 5	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Phenylalanine 5	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine 5	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine ⁵	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Arginine ⁵	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Histidine ⁵	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Alanine ⁵	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Aspartic acid ⁵	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glutamic acid ⁵	g	0.629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glycine ⁵	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Proline ⁵	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Serine ⁵	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

⁴S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD